

VOL. 13 NO. 6

134TH AIR REFUELING WING

JUNE 2013

THE ULTIMATE SACRIFICE

By Tech Sgt Jack M. West, 134 ARW Public Affairs

When I did my student teaching in 2001, a veteran teacher told me, "Find something to like about every

Stout was awarded the Medal of Honor for his actions 12 March 1970 defending the Khe Gio Bridge in Vietnam.

> Stout was on his second tour in Vietnam. He had already served one tour, but willingly volunteered to go back.

A member of Battery C, 1st Battalion, 44th Artillery, Stout, and several other squad members were in a bunker protecting the bridge when the bunker came under attack via mortar and ground attack. Stout spotted a grenade that had landed inside the bunker. He ran to it, picked it up and attempted to carry it out of the bunker. As he reached the door of the bunker the grenade exploded. Stout sacrificed his own life for those of his

Stout's

fellow squad members by shielding them from the explosion with his own body.

courageous actions are recognized at several memorials around the country. A photo of Stout and his medals is on display at both the city hall in Lenoir City and Highland Park Elementary School.

At Fort Bliss, the gym and outdoor track are named

the Mitchell W. Stout Physical Fitness Center. Locally, a bridge across the Tennessee River on I-75 also bears the name "Mitchell W. Stout Medal of Honor Memorial Bridge" for an uncommon act of bravery while defending a bridge in Vietnam.

Stout is buried at the Virtue Cemetery near Farragut, Today, Stout is remembered as anything but a sissy. Tenn., where a Vietnam War memorial honors his sacrifice.

Sgt. Mitchell W. Stout (above) in an undated photo during his time as a soldier in the Vietnam War. A photo of Sgt. Stout's grave marker (right) reflects his earning of the United States military's highest decoration - the Medal of Honor. (Unknown photographer)

child, because every child has potential." I don't know if Mitchell W. Stout's teachers had that opinion, but his actions later in life proved it to be true.

U.S. Army Sgt. Mitchell W. Stout grew up in Lenoir City, Tenn. He attended Highland Park Elementary School and Lenoir City High School.

Stout's mother, Faye Thomas, said kids would often call Stout a sissy when he was growing up.

He's a national hero.

BEARING CONTRACTOR IN THE PROPERTY OF THE

FEB 24 (950



134TH AIR REFUELING WING CHAIN OF COMMAND

Col Tommy Cauthen
Commander

Col Randy Gratz
Vice Commander

Chief Master Sgt Steve Payne
Command
Chief Master Sergeant

Col Mike Lindeman - Operations Col Burl Lambert - Maintenance Col Cory Strobel - Medical Col Wally Houser - Support Group Commanders

Maj Gary L Taft
Wing Executive Officer

134TH AIR REFUELING WING EDITORIAL STAFF

Capt Joey Keith
Chief of Public Affairs

2nd Lt Marcie Mascaro **Public Affairs Officer**

Master Sgt Kendra Owenby
Public Affairs
Multimedia NCOIC

Tech Sgt Jack West Staff Sgt Scott Hollis Staff Sgt Joe Pitney Staff Sgt Ben Mellon **Photojournalists**

Airman 1st Class Jackie Keeney Airman Basic Darby Arnold Broadcast Journalists

Vacant **Knowledge Operations**

Customer Service
Hours for
Public Affairs Photo
Studio JUNE DRILL:
SUNDAY 0900-1100

Customer Service Hours for

Security Forces:

Mon/Wed/Fri 0800-1100 UTA Sat 0800-1100 UTA Sun 0800-1100 Customer Service
Hours for
Clothing Issue:
Sat 0830 - 1100

1215 - 1530 Sun 0830 - 1330



"The Mission of the 134th Air Refueling Wing is to project Global Reach and Global Power in the interest of our National Defense by providing vital Air Refueling and Airlift for rapid deployment, sustained combat operations and effective training as directed by the Secretary of Defense."

Anti-Terrorism Force Protection Threat Levels Defined IMMINENT

WARNS OF A CREDIBLE, SPECIFIC, & IMPENDING TERRORIST THREAT AGAINST THE U.S.

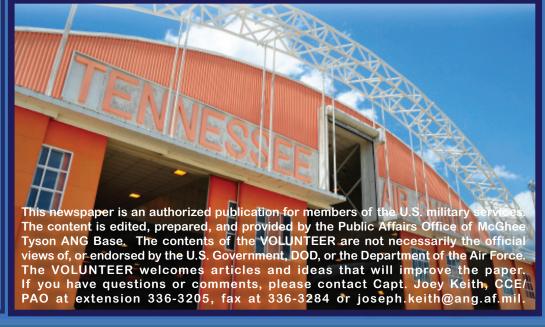
ELEVATED

WARNS OF A CREDIBLE TERRORIST THREAT AGAINST THE U.S.

CURRENT LEVELS: FPCON ALPHA --- INFOCON 3

REPORT SUSPICIOUS ACTIVITY!

Call Extension 336-3274 or 911 - Your Call May Save Lives
THREAT LEVELS ARE SUBJECT TO CHANGE AT ANYTIME



Sacrifice (Cont. from Page 1)

The citation awarding Army Sgt. Mitchell W. Stout the Medal of Honor reads: Sgt. Stout distinguished himself during an attack by a North Vietnamese Army Sapper company on his unit's firing position at Khe Gio Bridge. Sgt. Stout was in a bunker with members of a searchlight crew when the position came under heavy enemy mortar fire and ground attack. When the intensity of the mortar attack subsided, an enemy grenade was thrown into the bunker. Displaying great courage, Sgt. Stout ran to the grenade, picked it up, and started out of the bunker. As he reached the door, the grenade exploded. By holding the grenade close to his body and shielding its blast, he protected his fellow soldiers in the bunker from further injury or death. Sgt. Stout's conspicuous gallantry and intrepidity in action, at the cost of his own life, are in keeping with the highest traditions of the military service and reflect great credit upon him, his unit and the U.S. Army.

WBIR.com, Wikipedia.com and homeofheroes.com contributed to this article.

HAIL TO THE CHIEFS!

By Tech. Sgt. Jack West, 134 ARW Public Affairs

One percent. Chief Master Sergeants make up just one percent of the enlisted force of the United States Air Force. Any time a commander has the opportunity to promote a senior master sergeant to chief master sergeant it's a special event. "These are the most important promotions that we do," said 134 Air Refueling Wing Commander Thomas Cauthen.

The 134 ARW promoted two senior master sergeants to chief master sergeant in a ceremony before family, friends and co-workers here May 5.

Senior Master Sergeants Freddie "Bo" Sunderland, 151st Air Refueling in-flight refueling Squadron superintendent, and Johnny "Danny" Shumate. 151 **ARS** operations superintendent, were promoted together in a ceremony that recognized their accomplishments and helped subordinates to

know what to expect from their new leaders. "I promise I'm going to do the best I can for all of you guys," said Sunderland, addressing the boom operators he's worked with for vears and will now lead.

The Air Force core values of integrity, service before self, and excellence in all we do, were common themes throughout the ceremony. Shumate said that we, as Airmen, represent America everywhere we go. Because of that, integrity is extremely important him. He said integrity can't be taken from you. "Your integrity can only be given," said Shumate. "It's something you give up." Both new chiefs thanked their families and their mentors for helping them reach this new accomplishment in each of their careers.



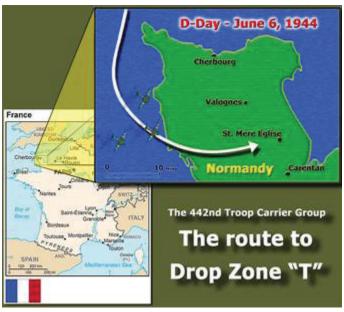
Chief Master Sgt. John Gresham, 134 MXS, (above) shakes hands with the newly promoted Chief Master Sqt. Bo Sunderland, 151 ARS, as Chief Master Sqt. Danny Shumate looks on. Col. Thomas Cauthen, 134 ARW Commander, returns a salute to the newly pinned Chief Master Sgt. Danny Shumate, 134 OSF, as Chief Master Sqt. Bo Sunderland stands at attention during the double Chief promotion May 5. (US Air National Guard photos by Staff Sqt. Scott Hollis, 134 ARW Public Affairs)

D-Day Remembered: June 6, 1944 - "Iongest day"



Four 305th Troop Carrier Squadron aircrew members (above) pause between missions to pose for a photo in front of their C-47. From the left are Albert Maverick, III, Robert L. Tittle, Raymond E. Crocker and Gus King, Jr. The 305th TCS was one of four flying squadrons assigned to the 442nd Troop Carrier Group, the World War II predecessor of the 442nd Fighter Wing, an Air Force Reserve Command A-10 Thunderbolt II unit based at Whiteman Air Force Base, Mo. 82nd Airborne members (below) check their equipment before boarding a 442nd Troop Carrier Group C-47 bound for Drop Zone "T" near St. Mere Eglise in Normandy on D-Day, June 6, 1944. The 442nd Troop Carrier Group launched 45 C-47s with approximately 20 soldiers in each aircraft. (Photo courtesy of the Herky Barbour estate)





The route the 442nd Troop Carrier Group traversed into Normandy, France, during the early morning hours of June 6, 1944 took them west of the Cherbourg peninsula and over the Channel Islands to approach their designated drop zone near St. Mere Eglise. Aboard the 442nd's 45 C-47 Skytrain aircraft were paratroopers from the 82nd Airborne. The 442nd TCG was the World War II predecessor of the 442nd Fighter Wing. (Graphic by Master Sgt. Bill Huntington)



305th Troop Carrier Squadron navigator, Bill Silberkleit, pauses for a photograph after returning from a "D-Day plus 1" mission to Normandy, France. The 305th TCS was one of four flying squadrons assigned to the 442nd Troop Carrier Group whose D-Day mission was to drop paratroopers of the 82nd Airborne near St. Mere Eglise. Mister Silberkleit was the navigator aboard the Group's lead aircraft that day. The 442nd TCG was the World War II predecessor of the 442nd Fighter Wing, an Air Force Reserve Command A-10 Thunderbolt II unit based at Whiteman Air Force Base, Mo. (Photo courtesy of the Herky Barbour estate)



Submitted by the 134 ARW Recruiting Office

Student Flight - Listen Up

***Pre-BMT class – You will report to the FSS breakroom in the Headquarters building for roll call on **SATURDAY** of each drill at **1300**. This is a **mandatory** class **(as directed by Col. Cauthen)** until you ship out to BMT. You must report to roll call in order to get paid. Any absence must be cleared prior to roll-call through the recruiting office supervisor, Master Sgt. Curtis LaRue.

***In-processing checklist - Saturday at 1230 of your first drill weekend you are required to report to the Public Affairs/Multimedia Photo Studio (in the headquarters building) to have your portrait taken. This photo is mandatory in order to complete your in-processing checklist.

***Security Clearance Process - All new enlistees please ensure you have logged onto www.opm.gov/e-quip, to initiate your clearance. Once you have logged on, you have 60 DAYS to complete this. This is a mandatory item. Failure to complete on time will result in a counseling session with the Force Support Squadron Commander, Lt. Col. Dean Thiele. Note: answer 'unknown' the first time and only the first time you answer the question 'place of birth.'

To Contact the Recruiters: Call DSN 266 or (865) 336-3242, 3257, 3258, or 3262; or go to: http://www.134arw.ang.af.mil/careers/index.asp

Public Affairs Photojournalist Position Available

There is currently a traditional Photojournalist (3N0X5) position available in the 134 ARW Public Affairs

Department. We are looking for a motivated individual who wants to share in telling the Air Force story through their writing and photography.

Prerequisites:

-Applicants must have a *minimum* score of 72 in the General category of the ASVAB test.

-Must have distant visual acuity correctable to 20/20 with normal color vision.

Technical training for the 3N0X5 career field is at the Defense Information School (DINFOS) located at Ft. George G. Meade, Maryland and is 17 weeks 2 days in length.

DINFOS Basic Photojournalist Course Scope: This course trains
Airmen to perform as basic Public Affairs
photojournalists. This course provides
instruction in command information,

U. S. Air Force photos from archive

community engagement, media relations, internet based communication capabilities news writing and basic still photographic techniques. This course provides training in guidelines for the release of information and imagery, news

reporting, and public affairs theory, concepts and principles. This course also provides training in the theory and application of photographic fundamentals, captioning, optics, light sources, camera operations for controlled and uncontrolled photography, exposing, processing, and printing color images. Training also includes electronic imaging with digital cameras, imaging and graphic software, image transmission, archiving, and editing.

For more information on the Photojournalist 3N0X5 position please contact Master Sgt. Kendra Owenby at 865-336-3214.

134th Civil Engineer Firefighter Competes in National Guard Marathon

By Chief Master Sgt. Rob McCormack, 134 ARW Fire Chief

Just three weeks after the terrorist bombing attacks at the Boston Marathon in Massachusetts, the 36th annual Lincoln National Guard Marathon took place in Nebraska on May 5th. Despite the heightened presence of security



at the Lincoln race, the determination of the marathoners to compete, and the spirit of the crowd present cheering them on, was unfazed. Technical Sergeant Darrell Hayes, a 134th Civil Engineer Firefighter along with three other members of the Tennessee National Guard qualified to compete in this National Guard Bureau sponsored event. The other Tennessee team runners were, Lieutenant Colonel Scott Butler, Sergeant First Class Victoria Murphy, and Lieutenant Colonel Gary Herr, the team coordinator. The course consisted of a 13 mile loop through the scenic residential and downtown Lincoln area, and then back 13 miles which finished at the 50-yard line in Cornhusker Football Stadium. The Tennessee runners finished the 26.2 mile race after tremendous individual efforts. Sergeant Hayes, who finished in 3 hours and 52 minutes placed 517th out of 1,460 runners, also ranking him 49th out of 93 runners in his 45-49 age group. After returning home, Hayes stated that he hadn't competed in a marathon in almost two years due to an injury and recovery time. His four months of training and preparation for this event has motivated him to keep marathon ready and attempt to qualify for the 2015 Boston Marathon at next year's Lincoln National

Guard Marathon. Top honors go out to the Pennsylvania National Guard team who took the overall championship by virtue of its top three runners averaging 2 hours and 50 minutes for the marathon. Although the 134th has had other members in this event in previous years, LTC Herr indicated that he was encouraged to see at least one member of the TN Air National Guard competing. In the future, he wants to see more Air Guard representation in this national level event. If anyone would like to speak with TSgt Hayes about his experience and learn more about qualifying for the state team, he can be reached via email at: hammer2270@centurylink.net.

Tech. Sgt. Darrell Hayes (above), #358, runs the 36th National Guard Marathon in Lincoln, Nebraska, May 5. Members of the Tennessee National Guard team (below) include from left to right, Tech. Sgt. Darrell Hayes, Lieutenant Colonel Gary Herr, the team coordinator, Lieutenant Colonel Scott Butler, and Sergeant First Class Victoria Murphy. (Photos provided by Chief Master Sgt. Rob McCormack, 134 ARW Fire Chief)





Information Assurance Awareness: A Risk to One is a Risk to All!

Submitted by Staff Sgt. Adam Huskey, 134 Communications Flt



A great example of why Information
Assurance is so important to us:

Report: Chinese hackers breach top weapons designs.

Chinese hackers have gained access to the designs of many of the nation's most sensitive advanced weapons systems, according to report prepared for the Defense Department and government and defense industry officials, The Washington Post reported Tuesday.The compromised weapons designs include, among others, advanced Patriot missile system, the Navy's Aegis ballistic missile defense systems, the F/A-18 fighter jet, the V-22 Osprey, the Black Hawk helicopter and the F-35 Joint Strike Fighter.

The confidential report was prepared by the Defense Science Board, a senior advisory group of government and civilian experts.

It does not accuse the Chinese of stealing the designs, but says that the designs of more than two dozen systems were compromised, the Post reported.

White House press spokesman would not comment Tuesday on specifics of the report, but noted that President Obama and his advisers have spoken often about cyber security as a key priority -- and key concern -- of the administration.

Read the full article here:

http://www.usatoday.com/story/ news/nation/2013/05/28/chinesehackers-post-designs-breachedcompromised/2364969/

Remember to: Avoid Social Engineering Attempts

- Do not participate in telephone surveys
- Do not give out personal information
- Do not give out computer or network information
- Do not follow instructions from unverified personnel
- Document any interaction:
 - Verify the identity of all individuals
 - Write down phone number
 - Take detailed notes
 - Contact your security POC

Remember to: Follow Physical Security Procedures

- Always use your own security badge or key code
- Never use your security badge or key code to let others piggyback into secure areas
- Maintain possession of your CAC at all times
- Challenge people without proper badges
- Always report suspicious activity to your USM
- Know and follow your organization's physical security policies/ nrocedures

Remember to: Use Security Tokens Appropriately

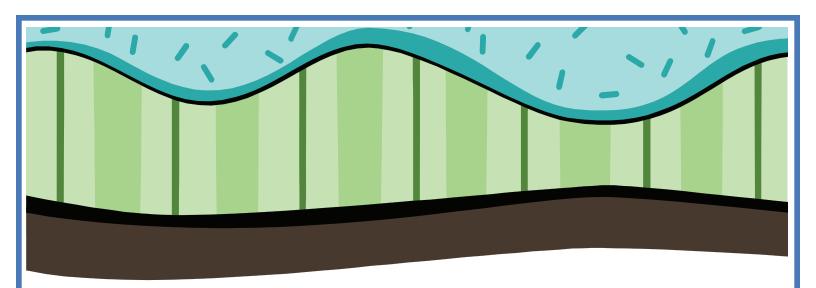
- Be aware that some systems use different types of security tokens – SIPR / NIPR – Make sure to use the correct one
- Use of the appropriate token for each system is mandatory
- Please report lost/damaged/stolen tokens immediately

Remember to: Avoid Computer Viruses

- Scan all external files before uploading to your computer
- Do not e-mail a suspicious or infected file to anyone
- Contact your Comm. Focal Point for assistance

 ** Please contact us in the IA office if we can ever be of assistance!

Information
Assurance POCs:
Staff Sgt Huskey (865)336-4936
Master Sgt Jennings (865)336-4924



1St Annual McGhee Tyson Summer Dessert Social

When: 8 June (Sat UTA) 1430-1630 Where: Wilson Hall

The cost is \$2.00 to try as many desserts as you like! Come bring your favorite treats to share with friends!

Proceeds will go to the JEAA.

If you would like to share your summer treats, contact SSgt Laura Morgan at 336-4236, or by email at laura.morgan@ang.af.mil



SATURDAY UTA

0815-1130 HOURS PHAS

0830-0850 HOURS FITNESS FOR DUTY EVALUATIONS

0830-1130 HOURS IMMUNIZATIONS

0830-1130 HOURS QNFT TESTING

0900-1100 HOURS ALL DEPLOYMENT PROCESSING/ANAM

TESTING (TBDD)

1000-1100 HOURS FITNESS TESTING EVALS

1000-1030 HOURS NEW ACCESSION ORIENTATION (MDG

TRAINING ROOM)

1130-1230 HOURS LUNCH

1300-1400 HOURS BALLISTIC EYEWEAR & M-50 GAS MASK

INSERTS

1300-1330 HOURS DEPLOYMENT HEALTH ASSESSMENTS

1430-1630 HOURS SUMMER DESSERT SOCIAL

SUNDAY UTA

CLOSED FOR TRAINING WITH THE EXCEPTION OF THE FOLLOWING TIMES:

0845-0900 HOURS FITNESS FOR DUTY EVALUATIONS

1230-1330 HOURS IMMUNIZATIONS

PLEASE REMEMBER TO REPORT ALL MEDICATIONS THAT YOU ARE TAKING TO THE MED GROUP ASAP

NOTE 1: INDIVIDUALS REQUIRING LIPID TESTS MUST FAST FOR 14 HOURS PRIOR TO PHYSICAL EXAMINATION.

NOTE 2: INDIVIDUALS ARE NOT TO CONSUME ANY ALCOHOL FOR AT LEAST 72 HOURS PRIOR TO PHYSICAL EXAMINATION.

NOTE 3: IF YOU WEAR GLASSES YOU MUST BRING THEM WITH YOU FOR PHYSICAL. PLEASE DO NOT WEAR CONTACT LENSES FOR EXAM.

NOTE 4: IF YOU ARE DEPLOYING, PLEASE CHECK WITH THE CLINIC WELL IN ADVANCE OF DEPARTURE DATE FOR IMMUNIZATION REQUIREMENTS.

NOTE 5: DNA TESTING IS CONDUCTED FROM 0830 - 1100 HOURS OF SATURDAY UTA. PLEASE HAVE YOUR PERSONNEL REPORT AT SCHEDULED TIME.



Childhood Nutrition

By Capt. Jennifer King, 134 MDG

In our last few articles, we've been looking at nutrition on both a molecular and whole food level. We've discussed the mandatory, less vital and avoid at all cost nutrients. We've discussed weight gain, maintenance and loss. Now, I'd like to discuss nutrition for our children. In the process of my journey towards eating a cleaner and more well rounded diet, I've found that my children play a large role in the survival of any given dish in our household. In researching how to make some of their favorites healthier, I've come across some requirements specific to children that I luckily met by accident. Since it would have been very easy for me to have missed these requirements in my little people's diets, I thought it would be good to share them with you all.

Infants – Infants are pretty easy to feed. Formula, breast milk and a few tablespoons of mushed up vegetables and chicken as they get older and they're happy. There are two main things to note with infants. 1) Don't feed them too much at once. I once saw a child whose parents were concerned that she threw up after every meal. During the course of the visit, they fed this small three month old 10 full ounces of formula even after she repeatedly spit out the bottle



and turned her head away. She then proceeded to throw up about half. It was simply too much for her tummy. Watch your baby for the cues mentioned above to help tell when they are full. 2) Once they start eating solids, avoid allergy prone foods such as milk, eggs and fish until one year and nuts, strawberries, shellfish and honey until two years.

Toddlers – This is when things get crazy. Our little loves want to put everything in their mouth besides healthy food. A toddler's plate needs to have the same divisions ours do. Aim for half the plate to be vegetables and fruit, one quarter to be healthy carbohydrates and one third to be lean protein. They also require a special focus on certain nutrients, namely calcium, vitamin D, iron and vitamin C. While dairy is the food group most often touted for calcium and vitamin d, it is harder for our bodies to absorb calcium from milk as it does not contain magnesium (necessary for calcium absorbtion). Some good sources of both calcium and magnesium are collard greens, baked beans, oatmeal and sesame seeds. Natural sources of Vitamin D include salmon, tuna, sole, flounder, eggs, beef liver and ricotta cheese. Natural sources of iron include liver, squash seeds, pumpkin seeds, nuts, beans, lentils, dark leafy greens and cocoa. Vitamin C can be found not only in oranges and grapefruits, but also in peaches, papaya, strawberries, mango, pineapple, kiwi, cantaloupe, raspberries, honeydew melon and blackberries.

As a side note, I know that the lists above are not typical toddler fare. I didn't include a single nugget, fish stick, tater tot, mac'n'chz or plain noodles option. If it seems your child would NEVER eat a ny of these foods, take heart. With a little gentle consistency, wide variety and creativity, it is possible. We have used many tricks over the last 4 years and have been rewarded with two excellent (mostly) little eaters. If you'd like to discuss our tricks, feel free to come see me.

Children/Teens – As our children grow past toddlerhood and into adulthood, it's all about balance, variety and creating healthy habits. Keep up the 50% of veggies/fruits, 25% of whole grains and 25% of lean protein. Continue expanding their horizons with new foods and new flavors. Teach your little ones how to create a healthy meal for themselves. Expand on their repertoire as they reach each new ability level. Fast food every night is a lot less appealing when you know how to make homemade meals that are tastier, healthier and cheaper. Set your children up with a lifetime of healthy eating habits and watch them run with it!





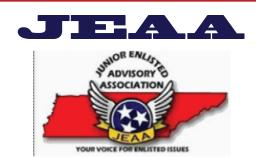
Saturday:

BEEF PORCUPINES
LEMON GARLIC FISH
BROWN RICE
MASHED POTATOES
PINTO BEANS
MIXED VEGETABLES
GUMBO
GRAVY
ASST FRUITS & BREADS
YOGURT
SALAD BAR

Sunday:

JERK CHICKEN
CUBAN ROAST
STEAMED RICE
BLACK BEANS
ROASTED CARROTS
BHAGI
CUBAN GREEN SOUP
GRAYY
ASST FRUITS & BREADS
YOGURT
SALAD BAR

COMMANDER'S CALL SUN - 1430 @ WILSON HALL



Enlisted The Junior Advisorv **Association** welcomes enlisted members the to ioin All E-1s through E-6s are group. attend. encouraged to Stav upcoming meetings! tuned for

PROMOTIONS

Helgeson, Bjorn E	134 CES	Maj
Harper, Jason R	151 ARS	Capt
Brantley, Jason D	119 CACS	Capt
Littleton, Joshua J	119 CACS	1Lt
Boshears, Joshua B	151 ARS	1Lt
Shumate, Johnny D	134 OSF	CMSgt
Sunderland, Freddie R	151 ARS	CMSgt
Jennings, Gregory L	134 OG	SMSgt
Chittum, Wendell B	134 MXS	MSgt
Lively, Gregory J	134 AMS	MSgt
Wallace, Donald W	134 AMS	MSgt
Totherow, Tommy D	134 AMS	MSgt
Steele, Roger G	134 SFS	MSgt
Curry, Michael T	134 SFS	MSgt
Hayes, Darrell W	134 CES	MSgt
Robledo, Andres	134 SFS	TSgt
Champion, John D	134 SFS	TSgt
Grubb, Christopher B	134 CES	TSgt
Whaley, John A	151 ARS	TSgt
Barnhardt, Michael L	134 SFS	TSgt
Reeves, Lori L	572 BAND	TSgt
Milligan, Rober S	572 BAND	TSgt
Hoffman, Natasha M	572 BAND	TSgt
McCormick, Brandon L	119 CACS	TSgt
Atchley, Steven A	119 CACS	TSgt
Gause, Richard B	134 AMS	SSgt
Kiely, Edward R	134 MXS	SSgt
Lale, Cameron S	134 FSS	SSgt
Pruett, Travis H	134 MDG	SSgt
Coffman, Jeremy W	119 CACS	SSgt
Lilley, Nicole M	134 ARW	SrA
Whitt, James A	134 MXS	SrA
Webb, Travis L	134 SFS	SrA
Atchley, David R	134 MXS	SrA
Barnes, Christopher E	134 MXS	SrA
Declercq, Matthew D	134 CES	SrA
Neely, Jacob L	134 CES	SrA
Fox, Lowell C., Jr.	119 CACS	SrA

